

For the following questions, we would like you to think how you felt in the past month. Please answer the following questions by ticking the appropriate box.

1. Tick the box that best applies to you:

	None of the time	10-30% of the time	30-50% of the time	50-80% of the time	80-100% of the time
a. if you were given a choice, how much time would you like to spend <u>sitting</u> at work?	<input type="checkbox"/>				
b. if you were given a choice, how much time would you like to spend <u>standing</u> up at work?	<input type="checkbox"/>				

2. Please indicate how much you agree or disagree with the following statements:

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
a. sitting for most of the time at work does not impact on my health	<input type="checkbox"/>				
b. sitting for most of the time at work is bad for my health	<input type="checkbox"/>				
c. any health impact of sitting for most of the time at work can be off-set by exercising at other times of the day	<input type="checkbox"/>				
d. it is beneficial for my health to stand up at least once every 30 minutes while I am at work	<input type="checkbox"/>				
e. it is beneficial for my health if I am as active as possible throughout my working day (e.g. by using the stairs instead of the lift)	<input type="checkbox"/>				

3. Please indicate how much you agree or disagree with the following statements:

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
a. it is my choice whether I stand up or sit at my desk while at work	<input type="checkbox"/>				
b. it is my choice whether I stand up or sit during a meeting with <u>colleagues</u> at work	<input type="checkbox"/>				
c. it is my choice whether I stand up or sit during a meeting with my <u>supervisor/s</u> at work	<input type="checkbox"/>				
d. it is my choice whether I walk over to talk to a <u>colleague</u> (<i>iMail</i>) or send them an eMail	<input type="checkbox"/>				
e. it is my choice whether I walk over to talk to a <u>supervisor</u> (<i>iMail</i>) or send them an eMail	<input type="checkbox"/>				

4. Please indicate how much you agree or disagree with the following statements:

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
a. my workplace is committed to supporting staff health and well-being	<input type="checkbox"/>				
b. my workplace is committed to supporting staff choices to stand or move more at work	<input type="checkbox"/>				
c. my <u>colleagues</u> would not mind if I chose to stand up while working at my desk	<input type="checkbox"/>				
d. my <u>supervisor/s</u> would not mind if I chose to stand up while working at my desk	<input type="checkbox"/>				
e. my <u>colleagues</u> would not mind if I chose to stand during a work meeting	<input type="checkbox"/>				

f.	my <u>supervisor/s</u> would not mind if I chose to stand during a work meeting	<input type="checkbox"/>				
g.	my <u>colleagues</u> would not mind if I chose to walk over and talk to them (<i>iMail</i>) rather than sending them an eMail	<input type="checkbox"/>				
h.	my <u>supervisor/s</u> would not mind if I chose to walk over and talk to them (<i>iMail</i>) rather than sending them an eMail	<input type="checkbox"/>				

5. The next questions are about how often you used various strategies to help you stand up at work. In the past month I have:

	Never	Rarely	Some- times	Often	Very Often	
a.	thought about how much I sit at work	<input type="checkbox"/>				
b.	recorded my sitting or standing at work in a written record	<input type="checkbox"/>				
c.	paid attention to specific things to help me stand at work (e.g., I have more energy in the morning so I stand during this time)	<input type="checkbox"/>				
d.	set short-term goals (daily or weekly) related to how often I stand up at work	<input type="checkbox"/>				
e.	broken down larger goals into smaller, more manageable goals (e.g. accumulate 40 minutes of standing in 4 x10minute bouts)	<input type="checkbox"/>				
f.	thought about my standing goals	<input type="checkbox"/>				
g.	reminded myself of the health benefits of standing at work (e.g., reduced risk of Type 2 diabetes, premature death)	<input type="checkbox"/>				
h.	scheduled specific times to stand up at work	<input type="checkbox"/>				
i.	paid attention to barriers which got in the way of my standing at work	<input type="checkbox"/>				
j.	planned ways to overcome barriers to my standing at work	<input type="checkbox"/>				

6. The next questions are about how often you used various strategies to help you stand up at work. If you haven't had a chance to use these strategies yet, please indicate 'Never' in the questions below. In the ***past month*** I have:

	Never	Rarely	Some- times	Often	Very Often
a. moved my workstation from sitting to standing or vice versa	<input type="checkbox"/>				
b. used my workstation tracker to record the days that I reach my standing goal at work	<input type="checkbox"/>				
c. used my workstation tracker to record my strategies for standing up and moving more at work	<input type="checkbox"/>				
d. used an on-line timer to time my periods of sitting or standing	<input type="checkbox"/>				
e. stood up when someone approached me at my workstation	<input type="checkbox"/>				
f. stood up when my phone rings	<input type="checkbox"/>				
g. walked to talk to a colleague (<i>iMail</i>) rather than sending them an eMail	<input type="checkbox"/>				
h. walked to the printer that is further away from my workstation	<input type="checkbox"/>				
i. walked to the bathroom that is further away from my workstation	<input type="checkbox"/>				

7. The next questions ask about your confidence in undertaking various activities. You may not have tried the activities listed - that is okay - but please still answer every question.

In the ***past month***, if you were trying to reduce your sitting time at work, how confident would you have been that you could have:

	Not at all confident	Slightly confident	Somewhat confident	Confident	Very confident
a. stood up during meetings at work, even though no one else was	<input type="checkbox"/>				
b. stood up during meetings at work, even when supervisors were sitting down	<input type="checkbox"/>				

c. stood up at your desk at work, even though your colleagues were not	<input type="checkbox"/>				
d. stood up at your desk at work, even when you felt tired	<input type="checkbox"/>				
e. stood up at your desk at work, even if your footwear was uncomfortable	<input type="checkbox"/>				
f. stood up at your desk at work, even though you were really busy at work	<input type="checkbox"/>				
g. stood up at your desk at work, even when your tasks required looking at multiple papers	<input type="checkbox"/>				
h. stood up at your desk at work, even when your tasks required talking on the phone	<input type="checkbox"/>				
i. walk to talk to a colleague at work instead of emailing them, even though others didn't	<input type="checkbox"/>				

The above materials have been developed for use within the Stand Up Victoria study. Any future use of these materials must be referenced to this article.